Algorithm for Fall Risk Assessment & Interventions

**Waiting room:** Patient completes *Stay Independent* brochure
Identify main fall risk factors

**Clinical visit:** Identify patients at risk
- Fell in past year
- Feels unsteady when standing or walking
- Worries about falling
- Scored ≥4 on *Stay Independent* brochure

Evaluate gait, strength & balance
- Timed Up and Go
- 30-Sec Chair Stand
- 4 Stage Balance Test

**Gait, strength or balance problem**

- ≥2 falls or a fall injury
  - Determine circumstances of latest fall
  - Conduct multifactorial risk assessment
    - Review *Stay Independent* brochure
    - Falls history
    - Physical exam
    - Postural dizziness/postural hypotension
    - Cognitive screening
    - Medication review
    - Feet & footwear
    - Use of mobility aids
    - Visual acuity check

- 1 fall in past year
  - Determine circumstances of fall
  - Implement key fall interventions
    - Educate patient
    - Enhance strength & balance
    - Improve functional mobility
    - Manage & monitor hypotension
    - Manage medications
    - Address foot problems
    - Vitamin D +/- calcium
    - Optimize vision
    - Optimize home safety

- 0 falls in past year
  - Patient follow-up
    - Review patient education
    - Assess & encourage adherence with recommendations
    - Discuss & address barriers to adherence

**No gait, strength or balance problems**
- No to all
  - Evaluate gait, strength & balance
    - No gait, strength or balance problems
      - Educate patient
      - Refer to community exercise, balance, fitness or fall prevention program

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

STEADI Stopping Elderly Accidents, Deaths & Injuries